

Basic S.L.A.A. Group Meeting Format

- *Before the meeting, find copies of the S.L.A.A. Preamble, the Twelve Steps and the Promises and select a reading from S.L.A.A. literature, such as:*

*a short section from an S.L.A.A. pamphlet,
ten of the questions in the S.L.A.A. Anorexia pamphlet,
an article from "The Journal", or
a few pages out of the "Sex and Love Addicts Anonymous" text.*

- *Start the Meeting*

This is a regular meeting of the _____ Group. We welcome anyone new to S.L.A.A. or to this meeting. To those new to S.L.A.A. we suggest you attend five meetings before deciding if the program is for you.

Please join us in a moment of silence followed by the Serenity Prayer.

God, grant me the serenity to accept the things I cannot change, courage to change the things that I can, and the wisdom to know the difference.

My name is _____ and I'm a sex and love addict.

We need a volunteer to read the S.L.A.A. Preamble.

We need a volunteer to read the Twelve Steps of S.L.A.A.

This meeting is divided into two sections. In the first section we read a portion from S.L.A.A. literature and discuss the reading. In the second section we get current by sharing our recent sexual and emotional situations and thoughts that pose a current threat to our sobriety in S.L.A.A.

To allow people to safely share what is necessary, we refrain throughout the meeting from all forms of cross talk, including commenting on what people have said and telling people what to do.

We allow up to _____ minutes per share and take turns in a clockwise direction.

For the first section I've chosen to read _____.

- *Start the reading, encouraging attendees to read a few paragraphs each. When the reading is over, start the discussion of the reading, and the allow others to share until the midpoint of the meeting.*

Basic S.L.A.A. Group Meeting Format (continued)

The topic section of our meeting is over. Our seventh tradition states that we have no dues or fees, but we are self-supporting through our own contributions. Our expenses at this location are _____ per meeting, so we ask that you contribute if you can, but there is no requirement to contribute anything.

- *Pass the container for contributions.*

This is the section of the meeting for getting current. We get current by sharing our recent sexual and emotional situations and thoughts that pose a current threat to our sobriety in S.L.A.A. Again we allow up to _____ minutes per share.

- *Permit sharing until 5 minutes before the end of the meeting.*

Our time for getting current is over. If you have not had a chance to share, talk with someone after the meeting.

We need a volunteer to read the Promises.

Are there any announcements for the good of S.L.A.A.?

Let there be no gossip or criticism of one another, but rather understanding and friendship.

It is of paramount importance to keep the identities of those present and personal information that was shared confidential.

Please join us in a moment of silence followed by the “we” version of the Serenity Prayer. Handholding is optional during our closing.

God, grant us the serenity to accept the things we cannot change, courage to change the things that we can, and the wisdom to know the difference.